

Series III

A BOOK OF GOOD THOUGHTS

Selected from
“A THOUGHT FOR TO-DAY”
quotations published in
The Times of India



001

E 20

14

BOMBAY
S OF INDIA PRESS
1943

Price Re.

E 27

Govt. Model C. d. Sec. School
AJMER
LIBRARY

Series III

Class No.
Accession No. **E 27**

A BOOK OF Book No.
Date.

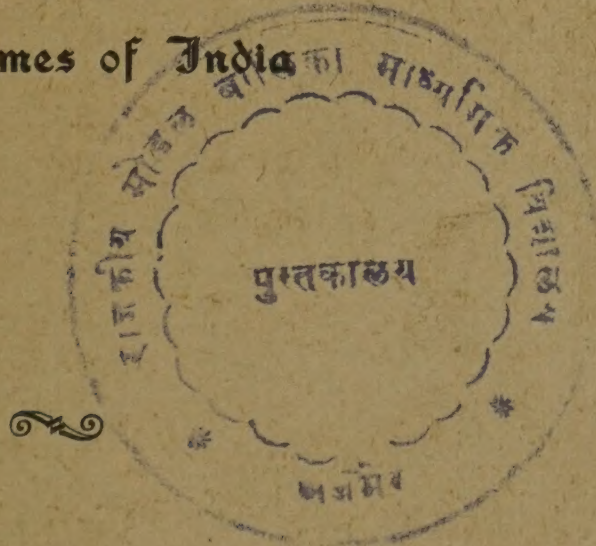
GOOD THOUGHTS

Selected from

“ A THOUGHT FOR TO-DAY ”

quotations published in

The Times of India



BOMBAY
THE TIMES OF INDIA PRESS
1943





***M**AKE these affirmations your daily
dominant thought :*

I am myself, indestructible, invincible.

I am Courage, unshakable, unflinching.

I am Power, I cannot be defeated.

I cannot Fear.

*I am confident of success, physical, social
and business. I know nothing but good
can come to me or mine.*



001
E 30
14

Preface

This Series is a continuation of Series I and II and is issued in view of the great popularity of these selections with readers of *The Times of India* and others who wish to preserve them.

It is the Publishers' intention to issue a new series every year.

As in Series II, a number of "thoughts" are given under a Miscellaneous heading as they cannot appropriately be classified under a well-defined heading.

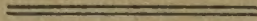
Copies of Series I and II are still available and can be had of the Publishers at Re. 1 per copy, postage extra.

INDEX

	PAGE No.		PAGE No.
Admiration ..	1	Hope ..	17
Ambition ..	1	Humility ..	17
Boasting ..	1	Jealousy ..	18
Business ..	1	Joy ..	18
Capacity ..	2	Kindness ..	19
Care ..	2	Laughter ..	19
Character ..	2,3	Liberty ..	20
Charity ..	3	Life ..	20,21,22
Cheerfulness ..	3,4	Limitation ..	23
Confidence ..	4	Love ..	23, 24
Contentment ..	5	Luck ..	24
Courage ..	5,6	Man ..	24
Covetousness ..	6	Meanness ..	25
Defeat ..	7	Mind ..	25
Difficulty ..	7	Miscellaneous ..	55-71
Disgrace ..	7	Misfortune ..	25
Dominion ..	8	Mistake ..	25
Drifting ..	8	Money ..	26
Duty ..	8,9	Obstacle ..	26
Education ..	9	Obstinacy ..	27
Egotism ..	10	Opportunity ..	27
Enthusiasm ..	10	Opposition ..	27
Envy ..	10	Optimism ..	28
Evil ..	11	Passion ..	28
Fault ..	12	Peace ..	29
Fault Finding ..	12	Perseverance ..	29, 30
Fear ..	12,13	Politeness ..	30
Forgiving ..	13	Poverty ..	31
Friendship ..	13	Praise ..	31
Gentleness ..	14	Prayer ..	31
Giving ..	14	Procrastination ..	31, 32
Goodness ..	14	Reform ..	32
Grumble ..	15	Regret ..	32
Habit ..	15	Rejoicing ..	33
Happiness ..	15,16	Renunciation ..	33
Health ..	16	Repentance ..	33
Home ..	16	Right (doing) ..	34

INDEX

	PAGE NO.		PAGE NO.
Righteousness	.. 34	Thought	.. 43, 44,
Rust	.. 34	Time	.. 46
Sacrifice	.. 35	Today	.. 46
Self-Control	.. 35	Tomorrow	.. 46
Self-Discipline	.. 36	Trouble	.. 46,
Selflessness	.. 36	Truth	.. 47,
Self-respect	.. 37	Unhappiness	.. 49
Serenity	.. 37	Vanity	.. 49
Silence	.. 37, 38	Vice	.. 50
Sin	.. 38	Victory	.. 50
Sincerity	.. 39	Virtue	.. 50,
Smile	.. 39, 40	Wages	.. 51
Sorrow	.. 40	War	.. 51
Speech	.. 41	Weakness	.. 52
Success	.. 41	Wealth.. ..	.. 52
Suffering	.. 42	Wisdom	.. 52
Suspicion	.. 42	Woman	.. 52
Sympathy	.. 42	Words	.. 53
Tact	.. 43	Work	.. 53,
Talk	.. 43	Worry	.. 54
Thoroughness.. ..	.. 43	Wrong-doing	.. 54



Admiration

NO quality will get a man more friends than a sincere admiration of the qualities of others.

It indicates generosity of nature, frankness, cordiality, and cheerful recognition of merit.

—*Dr. Samuel Johnson.*

* * *

Ambition

WATCH ambition. See that it is in the direction of good. It is a leaping horse which may land you in the ditch.

—*Card. O'Connell.*

* * *

Boasting

BOAST not of what you can or would do. Actions speak louder than words. Doing is the only practical activity.

* * *

Business

THE man of science reads the past, and is stimulated ; and the man of history listens to the voices that ring down the centuries ; and the poet listens to those " thoughts that breathe and words that burn." So, too, with the man of business. He reads of success, and of skill, and of knowledge, and of triumph, and taking lessons of the past, he is made the more successful business man of the present.

—*Bishop Simpson.*

Capacity

NOT what you do, but how you do it, is the test of your capacity.

*

*

*

Care ✓

A GREAT many people imagine that the pressure of burden and care is wholesome : to take life hard is considered praiseworthy. It is looked upon as a kind of self-indulgence to take life easy. Now there is no doubt that a spirit of intensity and care, up to a certain point, is required for a wholesome condition of mind. But a care that brings burdens, that takes away light, that deprives us of happiness, has passed beyond the wholesome line.

*

*

*

Character ✓

IN happiness and unhappiness, in joy and sorrow, in success and failure, in victory and defeat ; in religion ; business ; circumstances ; in all the issues of life, the determining factor is character. In the mentality of individuals lie the hidden causes of all that pertains to their outward life. Character is both cause and effect. It is the doer of deeds and the recipient of results. Heaven, hell, purgatory, are contained within it. The character that is impure and vicious will experience a life from which the elements of happiness and beauty are lacking, wherever they may be placed ; but a pure and virtuous character will show forth a life that is happy and beautiful. As you make your character, so will you shape your life.

Character ✓

A GOOD character when established should not be rested in as an end, but only employed as a means of doing still further good.

—*Atterbury.*

* * *

Charity ✓

WE only begin to realise the value of our possessions when we commence to do good to others with them. No earthly investment pays so large an interest as charity.

—*Joseph Cook.*

* * *

Cheerfulness

CHEERINESS is a thing to be more profoundly grateful for than all that genius ever inspired or talent ever accomplished. Next best to natural, spontaneous cheeriness is deliberate, intended and persistent cheeriness, which we can create, can cultivate and can so foster and cherish that after a few years the world will never suspect that it was not an hereditary gift.

Helen Hunt Jackson.

* * *

A CHEERFUL mind strengthens the heart and makes one steadfast in good conduct, hence the servant of God should always be good-humoured.

—*St. Philip Neri.*

Cheerfulness

THE cheerful live longest in years, and afterwards in our regards. Cheerfulness is the offshoot of goodness.

—Bove

*

*

*

CCHEERFULNESS and content are great beautifiers and are famous preservers of youthful looks.

—Charles Dickens

*

*

*

BE cheerful, sweet, happy and smiling, making the best of all things NOW (and that's ever the blessed second of your life), and you will become so healthy that you will radiate health in every direction.

—Chas. W. Close

*

*

*

Confidence

WISE men have but few confidants and cunning ones none.

—H. W. Sha

*

*

*

CONFIDENCE imparts a wonderful inspiration to its possessor.

Contentment

THAT happy state of mind, so rarely possessed, in which we can say, "I have enough," is the highest attainment of philosophy. Happiness consists, not in possessing much, but in being content with what we possess. He who wants little always has enough.

—*Zimmerman.*

* * *

CONTENTMENT is the best food to preserve a sound man, and the best medicine to restore a sick one.

—*W. Secker.*

* * *

Courage

MANY people are so afraid to die that they have never begun to live. But courage emancipates us and gives us to ourselves, that we may give ourselves freely and without fear to God.

—*Henry van Dyke.*

* * *

TRUE bravery is shown by performing without witnesses what one might be capable of doing before all the world.

—*La Rochefoucauld.*

Courage

A GREAT deal of talent is lost to the world for the want of a little courage.

—Sydney Smith

*

*

*

IT is easy to be courageous when things are going right. Times of trouble so often produce fear and panic, showing we have never possessed real courage and fortitude. The brave are those who know no fear when trouble is on the door-step and who help others by their calm courageous outlook.

*

*

*

AND so in the strife of the battle of life
It's easy to fight when you're winning.

It's easy to slave and starve and be brave
When the dawn of success is beginning.

But the man who can meet despair and defeat
With a cheer, there's a man of God's choosing.

The man who can fight to heaven's own height
Is the man who can fight when he's losing !

*

*

*

Covetousness

HE that loveth silver shall not be satisfied with silver ; nor he that loveth abundance with increase.

Defeat

IF you are down, get up ! Defeat often holds a grander lesson than victory. The weak man whines over defeat, and feels abused. The strong man seeks to learn its meaning, then profits by it.

—J. L. Bronson.

*

*

*

THERE is no defeat except from within. There is really no insurmountable barrier save your own inherent weakness of purpose.

—Emerson.

*

*

*

Difficulty

DIFFICULTY is a severe instructor, set over us by the supreme ordinance of a parental Guardian and Legislator, who knows us better than we know ourselves, as He loves us better too.

—Edmund Burke.

*

*

*

Disgrace

WHATEVER disgrace you have merited it is almost always in your power to re-establish your reputation.

—Socrates.

Dominion

THE lust of dominion innovates so imperceptibly that we become complete despots before our wanton abuse of power is perceived; the tyranny first exercised in the nursery is exhibited in various shapes, and degrees in every stage of our existence.

—*Zimmerman.*

*

*

*

Drifting

THE more common secret of want of success in life is a tendency to let things drift. It is not so much the missing one opportunity, or the committing one blunder, as the lavish waste of all the forces—opportunities which in various shapes come within the grasp.... It is the slovenliness of men and women which for the most part make their lives so unsatisfactory.

—*John Morley.*

*

*

*

Duty

DON'T object that your duties are so insignificant; they are to be reckoned of infinite significance, and alone important to you. Were it but the more perfect regulation of your apartments, the sorting away of your clothes and trinkets, the arranging of your papers, "Whatsoever thy hand findeth to do, do it with thy might," and all thy worth and constancy.

Duty

DO today's duty, fight today's temptation, and do not weaken and distract yourself by looking forward to things which you cannot see and could not understand if you saw them.

—*Charles Kingsley.*

* * *

ALL duty should be regarded as sacred, and its faithful and unselfish performance one of the leading rules of conduct. All personal and selfish considerations should be extracted and cast away from the doing of one's duty ; and when this is done, Duty ceases to be irksome, and becomes joyful. Duty is only irksome to him who craves some selfish enjoyment or benefit for himself. Let the man who is chafing under the irksomeness of his duty look to himself, and he will find that his wearisomeness proceeds, not from the duty itself, but from his selfish desire to escape it.

* * *

Education

THOUGH education has a beginning, there is no end to it. The more you know, the more you find you don't know. Only the wisest know what fools they are, and this realising of un-wisdom is the supreme sensation, for it puts one in one's place, and displays the wonder of life as nothing else can.

—*Arnold Bennett.*

Egotism

EGOTISM is not the same as genius, though it often exhibits similar symptoms. The only difference is that the genius demands recognition of his work—the egoist of himself.

—G. U. Ellis.

*

*

*

Enthusiasm

NOTHING is so contagious as enthusiasm. It moves stones, it charms brutes. Enthusiasm is the genius of sincerity and truth accomplishes no victories without it.

*

*

*

Envy

IF we did but know how little some enjoy of the great things they possess, there would not be much envy in the world.

—Young.

*

*

*

AN envious man waxeth lean with the fatness of his neighbours. Envy is the daughter of pride, the author of murder and revenge, the beginner of secret sedition and the perpetual tormentor of virtue. Envy is the filthy slime of the soul; a venom, a poison, or quicksilver which consumeth the flesh and drieth up the marrow of the bones.

—Socrates.

Evil

EVIL is self-assertive. It says "I am a real entity, overmastering good." This falsehood should strip evil of all its pretensions. The only power of evil is to destroy itself. It can never destroy one iota of good.

—*Mary Baker Eddy.*

* * *

EVIL can never result in good, then why does the world practise evil? Because of its ignorance. St. Paul said, "When I was a child I spake as a child, I understood as a child, I thought as a child ; but when I became a man, I put away childish things." When will mankind grow out of all the foolish, barbaric beliefs which are the cause of all distress and suffering?

* * *

EVIL, when rightly understood is found to be, not an unlimited power or principle in the universe, but a passing phase of human experience, and it therefore may be regarded as a lesson to those who are willing to learn. Evil is not an abstract something outside yourself ; it is an experience in your own mind, and by patiently examining and rectifying your mind you will be gradually led into the discovery of the origin and nature of evil, which will necessarily be followed by its complete eradication. . . . There is no evil in the universe which is not the result of ignorance, and which would not, if we were ready and willing to learn its lesson, lead us to higher wisdom, and then vanish away.

Fault

EVERY man should keep a fair-sized cemetery in which to bury the faults of his friends.

Henry Ward Beecher.

* * *

Fault Finding

THE ability to find fault is believed, by some people, to be a sure sign of great wisdom, when, in most cases, it only indicates narrowness of mind and ill nature.

—Aughey.

* * *

Fear

THERE is a virtuous fear which is the effect of faith ; and there is a vicious fear, which is the product of doubt. The former leads to hope, as relying on God, in whom we believe ; the latter inclines to despair, as not relying on God, in whom we do not believe. Persons of the one character fear to lose God ; persons of the other character fear to find him.

—Pascal.

* * *

THERE is nothing to fear but fear....indeed there is nothing to fear at all. The place to overcome fear is in one's own mind. You overcome it not by refusing to see it but by facing it in its blackest reality. When one has faced it whole, one can overcome it.

—Dorothy Thompson.

Fear

THE great foe to success is fear and nervousness. It makes cowards of us. It kills all ambition.

The man who starts by saying "I cannot" will always be a failure. What does fear indicate in business? It means indecision, it means working at a project with a good deal of doubt as to the possibility of success. It means loss of mental control which is fatal. Brave men have fears, it is true, but they overcome them.

*

*

*

Forgiving

FORGIVE thyself nothing; but others much.

*

*

*

Friendship

DON'T flatter yourselves that friendship authorizes you to say disagreeable things to your intimates. On the contrary, the nearer you come into relation with a person, the more necessary tact and courtesy become....Leave your friend to learn unpleasant truths from his enemies; they are ready enough to tell them.

—*Oliver Wendell Holmes.*

*

*

*

FRIENDSHIP improves happiness and abates misery, by the doubling of our joy, and the dividing of our grief.

—*Cicero.*

*

*

*

A FRIEND should be like money—tried before being required, not found faulty in our need.

Gentleness ✓

IF you would fall into any extreme, let it be on the side of gentleness. The human mind is so constructed that it resists rigor, and yields to softness.

—*St. Francis de Sales.*

* \ * *

Giving ✓

THERE is no happiness in having and getting, but only in giving—Half the world is on the wrong scent in the pursuit of happiness.

—*Henry Drummond.*

* * *

'T is not the weight of jewel or plate,
Or the fondle of silk or fur ;
'T is the spirit in which the gift is rich,
As the gift of the wise ones were ;
And we are not told whose gift was gold,
Or whose was the gift of Myrrh.

* * *

Goodness ✓

YOUR influence for good depends upon the weight you throw into the right scale. The good you do and embody gives you the only power obtainable. Evil is not power. It is a mockery of strength, which ere long betrays its weakness and falls, never to rise again.

—*Mary Baker Eddy.*

Grumble

“IT is no use to grumble and complain ;
It's just as cheap and easy to rejoice,
When God sorts out the weather and sends rain—
Why, rain's my choice.”

—James Whimbolt Riley.

*

*

*

Habit

A SINGLE bad habit will mar an otherwise faultless character, as an ink-drop soileth the pure white page.

—Hosea Ballou.

*

*

*

THE chains of habit are generally too small to be felt till they are too strong to be broken.

—Johnson.

*

*

*

Happiness

HAPPINESS is not a condition of things but a condition of soul ! It comes as a kind of benediction on the full, interested life. You will never get it by seeking : you will get it only by being. For it is the by-product of the kind of man you are in God.

—James Black.

*

*

*

ONE makes one's own happiness only by taking care of the happiness of others.

—Saint Pierre.

Happiness

MAKE one person happy each day and in forty years you have made 14,600 human beings happy for a little time at least.

*

*

*

Health

LOOK to your health ; and if you have it, praise God ; and value it next to a good conscience ; for health is the second blessing that we mortals are capable of ; a blessing that money cannot buy.

—*I. Walton.*

*

*

*

HEALTH is the second blessing that we mortals are capable of ; a blessing that money cannot buy.

—*Izaak Walton.*

*

*

*

Home

A HOUSE is no home unless it contains food and fire for the mind as well as the body. For human beings are not so constituted that they can live without expansion. If they do not get it in one way, they must in another, or perish.

—*Margaret Fuller Ossoli.*

Hope

HOPE is like the sun, which, as we journey towards it, casts the shadow of our burden behind us.

—*Samuel Smiles.*

*

*

*

IT is necessary to hope, for hope itself is happiness. Whatever enlarges hope will exalt courage.

The natural flights of the human mind are not from pleasure to pleasure, but from hope to hope.

—*Samuel Johnson.*

*

*

*

Humility

THIS is true humility: to think little of oneself, and to witness, without envy or jealousy, the good that happens to another.

—*St. Gregory the Great.*

*

*

*

HUMILITY is the first requisite for those who wish to lead an ordinary good life; but that courage is the first requisite for those who aim at any degree of perfection.

—*St. Teresa.*

*

*

*

IT is only the humble that can climb safely to the heights, seeing that humility standeth on no pinnacle whence it can fall.

—*St. Bernard.*

*

*

*

DON'T go out into the world thinking you can conquer it : go out meaning to learn.

—*E. H. Young.*

Jealousy

JEALOUSY steals our independence, our happiness, and our usefulness. We become the slaves of all whom we envy—our own jealousy harms us—our worry spoils our service for others. Said Goethe : “ Against the great superiority of another there is no remedy but love.”

—*Arthur A. Taylor.*

*

*

*

Joy

NO man imparteth his joy to his friend, but he joyeth the more; and no man imparteth his grief to his friend, but he grieveth the less.

—*Lord Bacon.*

*

*

*

DESIRE joy and thank God for it. Renounce it, if need be, for others' sake. That's joy beyond joy.

—*Robert Browning.*

*

*

*

JOY in one's work is the consummate tool, without which the work may be done indeed, but without which the work will always be done slowly, clumsily, and without its finest perfectness.

—*Phillips Brooks.*

*

*

*

NO one can get joy by merely asking for it. It is one of the ripest fruits of good life, and, like all fruit, it must be grown.

Kindness

THE pleasure you give by kindness of manner returns to you, and often with compound interest.

—*Sydney Smith.*

* * *

HE who has conferred a kindness should be silent ; he who has received one should speak of it.

—*Seneca.*

* * *

HAVE you had a kindness shown ?
Pass it on !

It was not given to you alone !

Pass it on !

Let it travel down the years,
Let it wipe another's tears,
Till in Heaven the deed appears ;
Pass it on !

Henry Burton.

* * *

Laughter

YOU can't down a man that laughs. It's the greatest weapon against failure. He always sees the funny side when there is no funny side.

—*W. S. Percy.*

Liberty

LIBERTY is to the collective body what health is to every individual body. Without health no pleasure can be tasted by man ; without liberty, no happiness can be enjoyed by society.

—*Bolingbroke.*

* * *

Life

ONE of the greatest lessons of life is to learn not to do what one likes, but to like what one does.

—*H. Black.*

* * *

PRACTICAL life is a Rule of Three Sum in which your duty multiplied into your capacity and divided by your circumstances gives you the Fourth Term in the proposition, which is your deserts, with great accuracy.

—*Thomas Huxley.*

* * *

TRY to live a simple, sincere and serene life, repelling promptly every thought of discontent, anxiety, discouragement, impurity and self-seeking ; cultivating cheerfulness, magnanimity ; charity and the habit of holy silence ; exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust and childlike trust in God.

Life

REMEMBER now and always that life is no idle dream, but a solemn reality based upon eternity, and encompassed by eternity. Find out your task ; stand to it ; “ the night cometh when no man can work.”

—Carlyle.

*

*

*

LIFE is made up, not of great sacrifices or duties, but of little things, in which smiles and kindnesses and small obligations, given habitually, are what win and preserve the heart, and secure comfort.

—Sir Humphry Davy.

*

*

*

ANYONE can carry his burden, however heavy, till nightfall. Anyone can do his work, however hard, for one day. Anyone can live sweetly, loving, purely, till the sun goes down. And this is all that life really means.

*

*

*

LITTLE self-denials, little honesties, little passing words of sympathy, little nameless acts of kindness, little silent victories over favourite temptations—these are the silent threads, of gold which, when woven together, gleam out so brightly in the pattern of life that God approves.

Life ✓

IF life is hard for you, try to make it easier for somebody else.

—*W. S. Percy.*

*

*

*

LIFE is a system of relations rather than a positive and independent existence ; and he who would be happy himself and make others happy must carefully preserve these relations. He cannot stand apart in surly and haughty egotism ; let him learn that he is as much dependent on others as others are on him.

—*G. A. Sala.*

*

*

*

THE secret of life is to stand by your friends, stand up to your enemies, tell the truth, and damn the consequences. That in the long run, is the only policy that succeeds.

—*Vanoc.*

*

*

*

LOVING is the only life. It is not enough to fill your lungs with air ; you must fill your lungs with life. The heart must not only beat, it must beat the dance of life. It is not important to live so many years, it is important to live so much life.

—*Horace Traubel.*

Limitation

BELIEF in limitations is the one and only thing that causes limitation....and in proportion as we lay that belief aside our boundaries will expand, and increasing life and more abundant blessing will be ours.

—*Judge Troward.*

*

*

*

Love

LOVE is the master-key that opens every ward of the heart of man.

—*J. H. Evans.*

*

*

*

THE rich in spirit help the poor.
They bless with living gold
And wealth of tenderness.
Though we be poor in earthly treasure, yet
If on the path of Love our feet are set,
And if the tired hearts we meet are blest
Because the love we feel brings peace and rest,
Then do we share “in one grand brotherhood—
Our common wealth, God’s universal good.”

—*L. M. Erskine.*

*

*

*

DO not let us wait to be just or pitiful....
towards those we love until they or we are
struck down by illness or threatened with
death....be swift to love.

—*Oliver Lodge.*

Love

LOVE to God is never idle ; where it exists it does great things ; if it produce no results then there is no love.

St. Gregory the Great.

* * *

Luck

IN the school of life many branches of knowledge are taught. But the only philosophy that amounts to anything, after all, is just the secret of making friends with luck.

—Henry van Dyke...

* * *

WHAT we call Luck,
Is simply Pluck,
And doing things over and over ;
Courage and will,
Perseverance and skill—
Are the four leaves of Luck's clover.

* * *

Man

THE quality of man is not to be judged by his riches. Possession so often engenders greed and selfishness and is the enemy of virtue. Man is to be judged by what he does for others, not for himself.

Meanness

IT is only the great-hearted who can be true friends ; the mean and the cowardly can never know what true friendship means.

—*Charles Kingsley.*

*

*

*

Mind ✓

THE blessings of fortune are the lowest ; the next are the bodily advantages of strength and health ; but the superlative blessings, in fine, are those of the mind.

—*L'Estrange.*

*

*

*

Misfortune ✓

THERE is, properly speaking, no misfortune in the world. Happiness and misfortune stand in a continual balance. Every misfortune is, as it were, the obstruction of a stream, which after overcoming this obstacle, but bursts through with greater force.

—*Novalis.*

*

*

*

Mistake

A MAN who does not know how to learn from his mistakes turns the best schoolmaster out of his life.

—*Henry Ward Beecher.*

Money

IN times of trouble, money is without value, and even the use of it may be as nothing, but the opportunity to serve a friend is priceless.

—*Robert Cashman.*

*

*

*

LET not money be the sole object of your work. If the good quality of your work is your first consideration, good wages will surely come. A master respects a good workman.

*

*

*

Obstacle

“**W**HAT helped you over the great obstacle of life?” was asked of a successful man.
“The other obstacles,” he replied.

*

*

*

THE block of granite which was an obstacle in the pathway of the weak, becomes a stepping stone in the pathway of the strong.

—*Thomas Carlyle*

Obstinacy

THE obstinate man doth not hold opinions, but they hold him ; for when he is once possessed of an error, 'tis like the devil, not to be cast out but with great difficulty. Whatsoever he lays hold on, like a drowning man, he never loses, though it do but help him to sink the sooner. His ignorance is impregnable both by act and nature, and will hold out to the last, though it has nothing but rubbish to defend.

—*Samuel Butler.*

*

*

*

Opportunity

OPPORTUNITY is where God is ; thus never past, never separate from Him, and never out of our grasp. Always present, consistently renewed, and ever available, the opportunity to be well and happy simply awaits our recognition and utilization.

—*Anna E. Herzog.*

*

*

*

OPPORTUNITIES correspond with almost mathematical accuracy to the ability to use them.

—*Lilian Whiting.*

* *

*

*

Opposition

A CERTAIN amount of opposition is a great help to a man ; kites rise against and not with the wind.

Optimism

TWIXT optimist and pessimist the difference is droll;

The optimist sees the doughnut, the pessimist the hole.

* * *

THE optimist fell ten stories,
And at each window bar

He shouted to his friends;
“All right so far.”

—*R. W. Trine.*

* * *

GET into the habit of looking for the silver lining of the cloud, and when you have found it, continue to look at it rather than at the leaden gray in the middle. It will help you over many hated places.

* * *

BELIEVE in the better side of men. It is optimism that really saves people.

—*Ian Maclaren.*

* * *

Passion

PAIN, grief, sorrow, and misery are the fruits of which passion is the flower.

Peace

THERE is the peace which is merely an interval between battle.

There is the active, vigorous peace which is built on right understanding between nations, mutual good-will, a striving after a common welfare and a higher good.

There is the peace which has never known war—the peace of quiet meadows in the evening sunshine.

There is the peace which is tranquillity of spirit, the peacefulness in the heart of the man who has no quarrel with his fellows ; a deep peace, this.

There is that greatest peace of all—the peace of God which passeth all understanding.

* * *

PEACE is not in the heart of the carnal man, nor in the man who is devoted to outward things, but in the fervent spiritual man.

—*Thomas A. Kempis.*

* * *

Perseverance

IF the day looks kinder gloomy, an' yer chances kinder slim,

If the situation's puzzlin', an' the prospect's awful grim ;

An' perplexities keep pressin' till all hope is nearly gone ;

Jest bristle up an' grit yer teeth and keep on keepin' on.

—*W. G. Fern.*

Perseverance

IF you strike a thorn or rose,
Keep a-goin'.

If it hails or if it snows,
Keep a-goin'.

'Tain't no use to sit and whine

When the fish ain't on your line ;

Bait your hook and keep on tryin'—
Keep a-goin'.

—*Frank D. Stanton.*

* * *

GOD is with those who persevere.

—*The Koran.*

* * *

FIGHT when you are down; die hard—determine
at least to do—and you won't die at all.

—*James H. West.*

* * *

Politeness

THE wisest and best are repulsive, if they are
characterised by repulsive manners. Politeness
is an easy virtue, costs little and has great
purchasing power.

—*Alcott.*

Poverty

MEN are not made unhappy by poverty, but by the thirst for riches.

* * *

Praise

PRAISE loudly ; blame softly.

—Catherine II.

* * *

PRAISE, of all things, is the most powerful excitement to commendable actions, and animates us in our enterprises.

—La Bruyere.

* * *

Prayer

PRAYER is not to inform God of what He does not know. It is an eye through which we see God.

—Wilfred T. Grenfell.

* * *

Procrastination

THE street By-and-by leads to the house Never.

Procrastination

TOMORROW is too late for anything, and he who sees help and salvation in tomorrows shall continually fail and fall today.

The foolish man, loving the boggy side of procrastination rather than the firm highway of Present Effort, says, "I will rise early tomorrow ; I will get out of debt tomorrow ; I will carry out my intentions tomorrow." But the wise man, realising the momentous import of the Eternal Now, rises early today ; keeps out of debt today ; carries out his intentions today ; and so never departs from strength and peace and ripe accomplishment.

*

*

*

Reform

NO external reforms can touch a man or change him. The reformation must be an individual change of mind within himself.

—*R. Demain-Grange.*

*

*

*

Regret

REGRET for injury done to others is not righted by a mere verbal apology. This is but the first outward sign of regret. Regret must be sincere, *i.e.*, of the heart, when it is invariably accompanied by an ardent desire to right the wrong done.

Rejoicing ✓

REJOICE in any good that happens, even when you have no share in it ; and even should it contribute to lessen your own happiness.

*

*

*

Renunciation

THE giving up of self is not merely the renunciation of outward things. It consists of the renunciation of the inward sin, the inward error. Not by giving up vain clothing ; not by relinquishing riches ; not by abstaining from certain foods ; not by speaking smooth words ; not by merely doing these things is the Truth found. But by giving up the spirit of vanity ; by relinquishing the desire for riches ; by abstaining from the lust of self-indulgence ; by giving up all hatred, strife, condemnation, and self-seeking, and becoming gentle and pure at heart, by doing these things is the Truth found.

*

*

*

Repentance

WHEN a man has repented of his sins and mistakes, that is enough. Kick them out, do not keep them like so many mummies and corpses in the house. When you have done wrong, and found it out, and changed to right, and have rectified the ways in which your wrong-doing has affected anybody else, that is the end ; the sum is complete ; you have no business to come back and sit on your old grave-stones.

—Henry Ward Beecher.

Right (Doing)

DOING right because it is right is an action which is positive in its character ; and to perform the right action without any thought of reward and solely for the sake of being right is to act from the highest and holiest motive ; but this does not hinder nor prevent the reward which always follows right action.

* * *

Righteousness

THE righteous man, having nothing to hide, committing no acts which require stealth, and harbouring no thoughts and desires which he would not like others to know, is fearless and unashamed. His step is firm, his body upright, and his speech direct, and without ambiguity. He looks everybody in the face. How can he fear any, who wrongs none ? How can he be ashamed before any, who deceives none ? And ceasing from all wrong, he can never be wronged ; ceasing from all deceit, he can never be deceived. It is impossible for evil to overcome good, so the righteous man can never be brought low by the unrighteous.

* * *

Rust

THE wear and tear of rust is faster than the wear and tear of work.

Sacrifice

DO you believe that the way of sacrifice, the spirit of putting ourselves last instead of first, is worth while?

Not in a purely business sense, not in economics, as such, but it is worth while in the essential things. It is the only thing that is worth while. He that would keep his life shall lose it—he always does, for no one is less happy than those who are for ever trying to get happiness for themselves alone.

But those who cheerfully live to serve, who think of others first, who make the common good their first aim, these are radiant with joy, losers who, somehow, are eternally triumphant here, and hereafter.

*

*

*

Self-Control

EVERY man can develop the power of determining, controlling his thoughts.... Character is built up by long-continued habits of thought.

—*Bernard Hollander, M.D.*

*

*

*

THE poorest education that teaches self-control is better than the best that neglects it.

—*Sterling.*

Self-Discipline

A MAN can only achieve strength of purpose by the action of his own free will. If he is to stand erect, it must be by his own efforts ; for he cannot be kept propped up by the help of others. He is master of himself and of his actions. He can avoid falsehood, and be truthful ; he can shun sensualism, and be continent ; he can run aside from doing a cruel thing, and be benevolent and forgiving. All these lie within the sphere of individual efforts, and come within the range of self-discipline. And it depends upon men themselves whether in these respects, they will be free, pure, and good, on the one hand ; or enslaved, impure, and miserable on the other.

* * *

Selflessness

THE giving up of self is not merely the renunciation of outward things. It consists of the renunciation of the inward sin, the inward error. Not by giving up vain clothing ; not by relinquishing riches ; not by abstaining from certain foods ; not by speaking smooth words ; not by merely doing these things is the Truth found. But by giving up the spirit of vanity ; by relinquishing the desire for riches ; by abstaining from the lust of self-indulgence ; by giving up all hatred, strife, condemnation, and self-seeking, and becoming gentle and pure at heart, by doing these things is the Truth found.

Self-Respect

IF you lose your self-respect you have lost all:
*Keep thy heart with all diligence, for out of it are
the issues of life.*

—*Proverbs 4 : 23.*

*

*

*

Serenity

DESPONDENCY, anxiety, worry, and irritability cannot cure the ills against which they are directed. They only add more misery to the troubles that prompt them. The cultivation of a steadfast and serene spirit cannot be overlooked if life is to yield any measure of usefulness and happiness. The trifles, and even greater troubles, which annoy would soon dissolve and disappear if confronted with a temper that refuses to be ruffled and disturbed. Personal aims, wishes, schemes, and pleasures will meet with checks, rebuffs, and obstacles ; and it is in learning to meet these reverses in a wise and calm spirit that we discover the true and abiding happiness within our heart.

*

*

*

Silence

BY keeping silence when we ought to speak, men may be lost. By speaking when we ought to keep silence, we waste our words. The wise man is careful to do neither.

—*Confucious.*

Silence

SILENCE is a mighty weapon which so few of us are strong enough to wield.

*

*

*

Sin

ALL sin is ignorance. It is a condition of darkness and undevelopment. The wrong-thinker and the wrong-doer is in the same position in the school of life as is the ignorant pupil in the school of learning. He has yet to learn how to think and act correctly, that is, in accordance with Law. The pupil in learning is not happy so long as he does his lessons wrongly, and unhappiness cannot be escaped while sin remains unconquered.

*

*

*

THE saddest fact in the world is sin, however it may be accounted for. But here is a method whereby it may be destroyed, and this is the method of Jesus, the Christ. He would have us put all error (and that includes all sin) out of the mind completely. To do this is the essential of forgiveness, because to forgive means to put away ; and when we have put away from ourselves (by putting them out of mind) our own errors and the errors of others, they will not any longer exist to trouble us. When every one does this, there will no longer be any sin.

Sincerity ✓

OUR offerings please God according to our zeal
and not according to their value.

—*Salvianus.*

*

*

*

SINCERITY is to speak as we think, to do as
we pretend and profess, to perform and make
good what we promise, and really to be what
we would seem and appear to be.

—*Tillotson.*

*

*

*

Smile ✓

SMILE !
THE world is blue enough
Without your feeling blue.

Smile !
There is not half joy enough
Unless you're happy, too.

Smile !
The sun is always shining,
And there's work to do.

Smile !
This world may not be Heaven,
But then it's Home to you.

Smile

S MILE a little,
Help a little,
Push a little,
The world needs you.
Work a little,
Wait a little,
Hope a little,
And don't get blue.

*

*

*

ONE who is seeking to banish discordant thinking should assume that bodily attitude or expression which the desired harmonious thinking would naturally produce. Let him smile whether he feels like smiling or not. Force a smile that a spontaneous one may follow. It will help toward the introduction of harmonious thinking, and if this is fostered by the right mental effort, the two will work together for immediate success.

*

*

*

Sorrow

I'LL not confer with sorrow
Till tomorrow ;
But joy shall have her way
This very day.

—T. B. Aldrich.

Speech

SPEAKING without thinking is shooting without taking aim.

* * *

Success

WE all desire success but it comes only to those whose desire is strong and persistent, who keep it uppermost in mind. The desire must be sufficiently intense to stimulate us into action. If we are constantly thinking and planning ways and means of attaining success, no matter how distant it appears or what difficulties arise, it will surely come. Every action has a beginning in thought,—as we think, we act. Successful action therefore can only follow concentrated thought.

* * *

SUCCESS in business is seldom owing to uncommon talents or original power which is untractable and self-willed, but to the greatest degree of commonplace capacity.

—*Hazlitt.*

* * *

THE talent of success is nothing more than doing what you can do well, and doing well whatever you do without a thought of fame. If it comes at all it will come because it is deserved, not because it is sought after.

—*Longfellow.*

Suffering

PAIN and despair and heartache....cast you down for awhile, but afterwards—they help you to understand.

—*John Oliver Hobbes.*

*

*

*

Suspicion

HE who is in perfect peace suspects no man, but he who is discontented and distressed is tossed about with various suspicions ; he is neither at rest himself, nor does he suffer others to rest. He considers what others are bound to do, and neglects that to which he himself is bound.

—*Thomas A. Kemais.*

*

*

*

Sympathy

A FEW more smiles of silent sympathy, a few more tender words, a little more restraint on temper, may make all the difference between happiness and half-happiness to those with whom we talk.

*

*

*

AH, how much good we may do each other by a few friendly words ; and the opportunity for them are so much more frequent than for friendly deeds.

—*George Eliot.*

Tact

TACT is not merely shown in saying the right thing at the right time to the right people ; it is shown quite as much in the many things that are left unsaid and apparently unnoticed, or are only lightly and evasively touched. Tact implies self-restraint, good temper, quick and kindly sympathy with the feelings of others.

—*William H. Lecky.*

* * *

Talk

PERHAPS you would not have so much trouble with your tongue in company if you would talk more with God when alone.

—*Dean Farrar.*

* * *

Thoroughness

THE thoroughly great men are those who have done everything thoroughly, and who have never despised anything, however small, of God's making.

—*John Ruskin.*

* * *

Thought

UNLESS new paths of thought are trodden there is no logical or reasonable ground for expecting real improvement in our outward conditions.

—*W. J. Colville.*

Thought

YOUR part is to put thought and care into your work—into the expression of your life.

Let it reflect an honest heart, a noble character, a soul of love, and a life of service. With these will come happiness—a just reward.

—C. C. Stockford.

* * *

RIGHT thoughts are reality and power; wrong thoughts are unreality and powerless possessing the nature of dreams. Good thoughts are potent; evil thoughts are impotent, and they should appear thus.

—Mary Baker Eddy.

* * *

THINK truly, and thy thoughts
Shall the world's famine feed;
Speak truly, and each word of thine
Shall be a fruitful seed;
Live truly, and thy life shall be.

* * *

WRONG thought leads to wrong action which sooner or later brings ill-results. Error seweth the wind and reapeth the whirlwind.

* * *

DISCORDANT thinking gathers force and persistence with every moment it continues. Delay affords it an opportunity to entrench itself, and this only increases the difficulty. If one neglects the little fire, he cannot stop the big conflagration.

Thought

WE should round every play of stirring action with an evening of thought. We learn nothing of our experience except we muse upon it.

—Boveé.

* * *

MARY Baker Eddy wrote :—" Lulled by stupefying illusions, the world is asleep in the cradle of infancy, dreaming away the hours."

Mankind is still in a dream of barbaric belief, still believing in jealousy, domination, strife and murder as a means of attaining peace with contentment and harmony. This state of crass ignorance will continue through the centuries until man rises above these low beliefs to something higher and cleaner embracing good will and the love of mankind.

* * *

WHETHER we know it or not, we always arouse thoughts in others similar to those which fill our own minds. Anger in one person provokes anger in others, and love begets love. Fear brings fear, and confidence inspires confidence. The cheerfulness of one person will pervade a roomful, and if persisted in, it may extend to a whole neighbourhood. Even the most retiring and least assertive have their influence upon others far beyond their own recognition.

Time

TIME hastens; therefore do today
Whatever kindly deed you may.

*

*

*

Today

CONCERN yourself but with Today;
Woo it, and teach it to obey
Your will and wish. Since time began
Today has been the friend of man,
But in his blindness and his sorrow
He looks to Yesterday and Tomorrow.

*

*

*

TODAY well lived makes every yesterday a dream
of happiness, and every morrow a vision of
hope.

—*Merriam.*

*

*

*

Tomorrow

TOMORROW you have no business with. You
steal if you touch tomorrow. It is God's. Every
day has in it enough to keep any man occupied
without concerning himself with the things beyond.

—*Henry Ward Beecher.*

*

*

*

Trouble

NEVER attempt to bear more than—one kind
of trouble at once. Some people bear three
kinds—all they have had, all they have now,
and all they expect to have.

—*Edward Everett Hale.*

Trouble

A TROUBLE'S a ton or a trouble's an ounce
A trouble is what you make it ;
It isn't the fact that you're hurt that counts,
But only, How did you take it ?

* * *

Truth

THINK truly, and thy thoughts
Shall the world's Famine feed.
Speak truly, and each word of thine
Shall be a fruitful seed.
Live truly, and thy life shall be
A great and noble creed.

* * *

THE truth is the only thing worth having, and,
in a civilised life like ours, when so many risks
are removed, facing it is almost the only
courageous thing left to do.

—*E. V. Lucas.*

* * *

TRUTH may be stretched, but cannot be broken,
and always gets above falsehood, as oil does
above water.

—*Cervantes.*

Truth

TRUTH is the one Reality in the universe, the inward Harmony, the perfect Justice, the eternal Love. Nothing can be added to it, nor taken from it. It does not depend upon any man, but all men depend upon it. You cannot perceive the beauty of Truth while you are looking out from the eyes of self. If you are vain, you will colour everything with your own vanities. If lustful, your heart and mind will be clouded with the smoke and flames of passion, and everything will appear distorted through them. If proud and opinionative, you will see nothing in the whole universe except the magnitude and importance of your own opinions. The humble Truth-lover has learned to distinguish between opinion and truth.

* * *

YOU may easily know whether you are a child of Truth or a worshipper of self, if you will silently examine your mind, heart, and conduct. Do you harbour thoughts of suspicion, enmity, envy, lust, pride; or do you strenuously fight against these? If the former, you are chained to self, no matter what religion you may profess; if the latter, you are a candidate for Truth, even though outwardly you may profess no religion. Are you passionate, self-willed, ever seeking to gain your own ends, self-indulgent, and self-centred; or are you gentle, mild, unselfish, quit of every form of self-indulgence, and are ever ready to give up your own? If the former, self is your master; if the latter, Truth is the object of your affection.

Unhappiness

NO one has any more right to go about unhappy than he has to go about ill-bred. He owes it to himself, to his friends, to society, and to the community in general, to live up to his best spiritual possibilities, not only now and then, once or twice a year, or once in a season, but every day and every hour.

—*Lilian Whiting.*

* * *

UNHAPPINESS is an irritant. It affects the heart-beats or circulation first, then the digestion; and the person is ripe for two hundred and nineteen diseases and six hundred and forty-two complications.

—*Elbert Hubbard.*

* * *

Vanity

THERE is a story of a sailor who looked over the ship's side and saw a man struggling in the water. 'Man overboard,' he shouted.

The unfortunate passenger, coming up for the third time, called out indignantly, 'Hi! Not so much of your man overboard! I'm Alderman John Brown, J.P.!'"

Are you a bit like that? Are you touchy on trifling matters—as to whether people remember to put your B.A. after your name, or treat you with all the outward respect you think you merit? Does it matter? Hadn't you better be getting on with a bit of useful work instead of fussing about these ridiculous little vanities?

Vice

VICE deceives, under the appearance and shadow of virtue, when sad in its appearance, and austere in countenance and dress.

—*Juvenal.*

*

*

*

Victory

VICTORY of all kinds is preceded by a season of preparation. It can no more appear spontaneously and erratically than can a flower or a mountain. Like them, it is the culminating point in a process of growth, in a series of causes and effects. No mere wishing, no magic word, will produce worldly success ; it must be achieved by an orderly succession of well-directed efforts. No spiritual victory will be achieved by him who imagines that it does not begin until the hour of temptation arrives. All spiritual triumphs are gained in the silent hour of meditation, and through a series of successes in lesser trials. The time of great temptation is the climax of a conquest that long preparation has made certain and complete.

*

*

*

Virtue

OUR virtues are habits as much as our vices. We should establish the habit of good, useful, and virtuous actions as soon as possible by setting up correct habits of thinking.

Virtue

THE virtues all lock into each other....like the stones of an arch, no one of them can be wanting without making all the rest insecure.

—*M. C. Ware.*

*

*

*

Wages

A MAN'S best wages are not those he receives on pay day : they are the wages God gives, the interest which He pays on every sound investment of life and ability in His service—increase of power, character, manhood, soul.

*

*

*

War

WAR will cease when the belief in despotism, tyranny and domination, and slavery to such beliefs in men and nations are replaced with beliefs in unselfed sympathy and a desire to help mankind. The arrogant dictator must go with all his evil, selfish doctrines and nations must be governed on a higher platform of human rights involving liberty, freedom and “on earth peace, good will toward men.”

Weakness

ONE leak in a ship will sink it ; one broken wheel spoils the whole clock ; one vein's bleeding will let out all the vitals, as well as more ; one fly will spoil a whole box of ointment ; one bitter herb all the pottage. So don't suffer a weak link in you.

*

*

*

Wealth

THE wealth of a man is the number of things he loves and blesses, which he is loved and blessed by.

—*Carlyle.*

*

*

*

Wisdom

THE highest wisdom is the science of holy living. If this wisdom be thine, then thou art indeed most learned, even if thou knowest naught besides.

—*St. Thomas of Villanova.*

*

*

*

Woman

A WOMAN who creates and sustains a home, and under whose hands children grow up to be strong and pure men and women, is a creator second only to God.

—*Helen Hunt Jackson.*

Words

A VERY great part of all the mischiefs that vex the world arises from words. People soon forget the meaning, but the impression and the passion remain.

—*Edmund Burke.*

*

*

*

Work

GO to your work (thanking God for work to do if you have it) in the Tuesday spirit, and Monday morning will seem like Saturday afternoon !

After all, whether you are a managing director, or a taxi-driver, a typist, a shop-assistant, or a mother with six children, the way the work goes largely depends on you ! If your heart isn't in it, you might as well be in the desert. But, however you hate it, at least you can try to make the best of it ; and it's wonderful what a difference a bit of 'grit' makes—It's good for polishing pan-lids, and it helps to make dull lives brighter.

It depends on you.

*

*

*

TO go about our work with pleasure, to greet others with a word of encouragement, to be happy in the present and confident of the future, this is to have achieved some measure of success in living.

Work

COMMON work may be done in an uncommon spirit, for menial work becomes sublime if discharged in a sublime spirit.

—Dinsdale Young.

* * *

BLESSED is he who has found his work; let him ask no other blessedness.

He has a work, a life purpose ; he has found it, and will follow it !

—Thomas Carlyle.

* * *

Worry

THE easiest thing in the world—Worry, and the most futile.

—Robert Power.

* * *

“IF I were you I would not worry. Just make up your mind to do better when you get another chance, and be content with that.”

—Beatrice Harraden.

* * *

Wrong-doing

EVERY piece of wrong-doing strikes a blow at our own heart. When taking a mean advantage people too easily forget that they do themselves more injury than others !

—Joseph Parker.

Miscellaneous

TO thine own self be true,
And it must follow, as the night the day.
Thou canst not then be false to any man.

—*Shakespeare.*

* * *

SELF-DISTRUST is the cause of most of our failures. In the assurance of strength there is strength, and they are the weakest, however strong, who have no faith in themselves or their powers.

—*Bovee.*

* * *

WHAT do we live for if not to make the world less difficult for each other?

—*George Eliot.*

* * *

I WISH, I can, I will—these are the three trumpet notes to victory.

* * *

IF times are bad in a material sense, they are just as good and full of promise in a spiritual sense as they ever were.

* * *

THE greatest saint is not the man who does extraordinary things, but the man who does ordinary things extraordinary well.

—*St. Francis De Sales.*

Miscellaneous

YOU may easily know whether you are a child of Truth or a worshipper of self, if you will silently examine your mind, heart and conduct. Do you harbour thoughts, of suspicion, enmity, envy, lust, pride ; or do you strenuously fight against these ? If the former, you are chained to self, no matter what religion you may profess ; if the latter, you are a candidate for Truth, even though outwardly you may profess no religion. Are you passionate, self-willed, ever seeking to gain your own ends, self-indulgent, and self-centred ; or are you gentle, mild, unselfish, quit of every form of self-indulgence, and are ever ready to give up your own ? If the former, self is your master ; if the latter, Truth is the object of your affection.

*

*

*

DESPONDENCY, anxiety, worry, and irritability cannot cure the ills against which they are directed. They only add more misery to the troubles that prompt them. The cultivation of a steadfast and serene spirit cannot be overlooked if life is to yield any measure of usefulness and happiness. The trifles, and even greater troubles, which annoy would soon dissolve and disappear if confronted with a temper that refuses to be ruffled and disturbed. Personal aims, wishes, schemes, and pleasures will meet with checks, rebuffs, and obstacles ; and it is in learning to meet these reverses in a wise and calm spirit that we discover the true and abiding happiness within our heart.

Miscellaneous

HE who goes down into the battle of life giving a smile for every frown, a cheery word for every cross one, and lending a helping hand to the unfortunate is, after all the best of missionaries.

*

*

*

PRECEPT is instruction written in the sand, the tide flows over it, and the record is gone.

Example is graven on the rock, and the lesson is not soon lost.

—Channing.

*

*

*

SPIN cheerfully,
Not tearfully,
Though wearily you plod.
Spin carefully,
Spin prayerfully,
But leave the thread with God.

*

*

*

THE world is wide,
In time and tide,
And God is guide ;
Then do not hurry.
That man is blest
Who does his best
And leaves the rest ;
Then do not worry.

—C. F. Deems.

Miscellaneous

IN prosperous days go seek out the distressed;
The poor man's prayer can change misfortune's
course ;

Give when the beggar humbly makes request
Lest the oppressor takes from thee by force.

—“ *The Gulistan* ” (a Persian Poem).

* * *

HONEST and courageous people have very
little to say about either their courage or their
honesty. The sun has no need to boast of his
brightness, nor the moon of her effulgence.

—*Hosea Ballou.*

* * *

WITH every exertion, the best of men can do
but a moderate amount of good ; but it seems
in the power of the most contemptible
individual to do incalculable mischief.

—*Washington Irving.*

* * *

EVERY duty which is bidden to wait returns with
seven fresh duties at its back.

—*Charles Kingsley.*

* * *

TRY to live a simple, sincere and serene life,
repelling promptly every thought of discon-
tent, anxiety, discouragement, impurity and
self-seeking ; cultivating cheerfulness, magnanimity ;
charity and the habit of holy silence ; exercising
economy in expenditure, carefulness in conversation,
diligence in appointed service, fidelity to every trust
and childlike trust in God.

Miscellaneous

THERE is no sadder or uglier sight in this world than to see the women of a land grasping the ignoble honour, and rejecting the noble ; leading the men, whom they should guide into high thought and active sacrifice, into petty slander of gossip, in conversation ; and into discussion of dangerous and unhealthy feeling ; becoming what men in their frivolous moments wish them to be, instead of making men what men should be ; turning away from their mission to bless, to exhort, to console, that they may struggle through a thousand meannesses into a higher position.

—*Stopford Brooke.*

* * *

IN the school of life many branches of knowledge are taught. But the only philosophy that amounts to anything, after all, is just the secret of making friends with our luck.

—*Henry van Dyke.*

* * *

WHEN you think you're done, you're not ; not by a long way : you're on the verge of getting your second wind. After that you can go on and on—any distance.

—*E. Marjory Tuit.*

Miscellaneous

THE greatest flood has the soonest ebb ; the
sorest tempest the most sudden calm ; the
hottest love the coldest end ; and from the
deepest desire oftentimes ensues the deadliest hate.

—*Socrates.*

*

*

*

THE world's judgment is based on altogether
false principles ; it commends riches, honours,
and sensual pleasures, and spurns poverty,
mortification, and the Cross. The Gospel prescribes
exactly the reverse ; hence it is evident that the world,
that is, a man who lives according to the maxims of
the world cannot receive the Holy Spirit.

*

*

*

AN under-statement is better than an over-
statement. The discovery of the former
strengthens your case. The exposure of the
latter smashes your credit as a responsible man.

—*Robert Lennox Ludlow.*

*

*

*

MANKIND must learn that domination, ag-
gression, national greed and the love of power
are “ of the earth, earthy,” they are not of
God. Sooner or later they fail because they are not
based on unselfed good.

Miscellaneous

AND so in the strife of the battle of life
It's easy to fight when you're winning.
It's easy to slave and starve and be brave
When the dawn of success is beginning.
But the man who can meet despair and defeat
With a cheer, there's a man of God's choosing.
The man who can fight to heaven's own height
Is the man who can fight when he's losing !

* * *

DO you wish to master any science or accomplishment ? Give yourself to it and it lies beneath your feet. Time and pains will do anything. This world is given as the prize for the men in earnest ; and that which is true of this world is truer still of the world to come.

—*F. W. Robertson.*

* * *

THE mind that is much elevated and insolent with prosperity and cast down with adversity, is generally abject and base. Watch lest prosperity destroy generosity. Arrogance is the outgrowth of prosperity.

—*Epicurus.*

* * *

IF others go astray through human frailty let them serve as a mirror to us, to observe the faults we should overcome in ourselves.

—*St. Ignatius.*

Miscellaneous

“IF I cannot do great things, I can do small things
in a great way.”

—James Freeman Clarke.

*

*

*

IS it not safe to assume that in a considerable
number of cases opinions from which we differ
require interpretation rather than refutation?

—B. Bosanquet.

*

*

*

FOR he who has the clearest and intensest vision
of what is at issue in the battle of life, and who
quits himself in it most manfully, will be the
first to acknowledge that for him there has been no
approach to victory, except by the faithful doing day
by day of the work which lay at his own threshold.

—Tom Hughes.

*

*

*

THE greatest man is he who chooses the right
with invincible resolution, who resists the sorest
temptations from within and without, who
bears the heaviest burdens cheerfully, whose reliance
on truth, on virtue, on God, is most unfaltering.

—W. E. Channing.

*

*

*

THERE was never a cloud so heavy and black,
That it had not a silver lining ;
There was never a night so dreary and dark,
That the stars were not somewhere shining.

Miscellaneous

A VOID the man of temper, the selfish, the boastful, the conceited, the scornful, the liar, lest you acquire his ways of thinking.

* * *

M EN would obtain great favours from God did they expend half the pains on acquiring His grace, that they do on procuring the favour of the world.

—*St. Thomas Aquinas.*

* * *

T O give pleasure to a single heart by a single kind act is better than a thousand head-bowings in prayer.

—*Saadi.*

* * *

I T is a good thing to strike while the iron is hot but it is a better thing to make the iron hot by striking.

—*Oliver Cromwell.*

* * *

P ROBABLY there is no quality more efficient in dispelling ignorance than the courage which dares to confess it.

—*Charles Kingsley.*

* * *

I F you love and serve men you cannot by any hiding or stratagem escape the reward.

—*Anon.*

Miscellaneous

WHATSOEVER happens to the good man cannot cause him perplexity or sorrow, for he knows its cause and issue.

*

*

*

TO be a stronghold in the dark to another in the time of need, to be a cup of strength to a human soul in a crisis of weakness, is to know the glory of life.

—*H. Black.*

*

*

*

IT is a fact that one may “flourish like a green bay tree” and yet be unrighteous, but we should also remember that the bay tree at last perishes, or is cut down, and such is the fate of the unrighteous.

*

*

*

OUR material possessions, like our joys, are enhanced in value by being shared. Hoarded and unimproved property can only afford satisfaction to a miser.

—*G. D. Prentice.*

*

*

*

WE can all do more than we have done,
And be not a whit the worse ;
It never was loving that emptied the heart,
Nor giving that emptied the purse.

Miscellaneous

HE who courteously shows the way to one who is lost, is like one who kindles another's lamp from his own lamp ; it nevertheless illumines himself, when it lights up for the other.

—*Ennius.*

* * *

OUR influence depends not so much on what we *know*, or even upon what we *do*, as upon what *we are*.

* * *

TO be always intending to lead a new life, but never to find time to set about it : this is as if a man should put off eating and drinking and sleeping from one day and night to another, until he is starved and destroyed.

—*Tillotson.*

* * *

ACT as if it were impossible to fail. That is the talisman, the formula, the command of right-about-face which turns us from failure to success.

—*Dorothea Brand.*

Miscellaneous

A GOOD deed is never lost; he who sows courtesy reaps friendship and he who plants kindness gathers love.

—*St. Basil.*

* * *

THE lust of dominion innovates so imperceptibly that we become complete despots before our wanton abuse of power is perceived; the tyranny first exercised in the nursery is exhibited in various shapes and degrees in every stage of our existence.

—*Zimmerman.*

* * *

“I KEEP six honest serving men,
They taught me all I know.
Their names are What, and Where and When,
And How and Why, and Who.”

—*Rudyard Kipling.*

* * *

IN prosperous days go seek out the distressed;
The poor man's prayer can change misfortune's
course;
Give when the beggar humbly makes request
Lest the oppressor takes from thee by force.

—“*The Gulistan*” (a Persian Poem).

Miscellaneous

IT'S a gay old world when you're gay,
And a glad old world when you're glad,
But whether you play
Or go toiling away,
It's a sad old world when you're sad.

—*S. E. Kiser.*

* * *

THE more alive a man is to the defects of others,
the more negligent he is in observing his own.

—*St. Ignatius.*

* * *

PERHAPS you would not have so much
trouble with your tongue in company if you
would talk more with God when alone.

—*Dean Farrar.*

* * *

BE strong !

We are not here to play, to dream, to drift ;
We have hard work to do, and loads to lift ;
Shun not the struggle—face it ; 'tis God's gift.

Be strong !

It matters not how deep intrenched the wrong,
How hard the battle goes, the day how long ;
Faint not—fight on ! To-morrow comes the song.

—*Maltbie Davenport Babcock.*

* * *

OUR grand business is not to see what lies
dimly at a distance, but to do what lies clearly
at hand.

—*Thomas Carlyle.*

Miscellaneous

“I DO the best I know. The very best I can; and I mean to keep right on doing so until the end. If the end brings me out all right, what is said against me won't amount to anything. If the end brings me out wrong, ten angels swearing I was right would make no difference.”

—*Abraham Lincoln.*

* * *

SELFISHNESS, bigotry and sham have never met the wants of man. Today poor jaded humanity, worn out by the ill-effects of evil thought and practice, needs comfort. Higher spiritual thought and understanding, involving unselfed desires only, will lift mankind out of the slough of despond. The spiritual good which we embody gives peace, consolation and power.

* * *

WE all of us have our little hoard of maxims wherewith to preach down our hearts and justify anything shabby we have done—but the less we import this cheap wisdom into life the better.

—*Augustine Birrell.*

* * *

ANXIETY of past evils and suffering is foolishness. What is past is dead. Cicero expressed wisdom when he said, “Teach me the art of forgetting: for I often remember what I would not and cannot forget what I would.”

Miscellaneous

DO not hurry,
Do not worry,
As this world you travel through,
No regretting,
Fuming, fretting,
Ever can advantage you.
Be content with what you've done ;
What on earth you leave undone,
There are plenty left to do.

—*P. M. Wylie.*

* * *

NO man can serve two masters: for either he
will hate the one and love the other; or else
he will hold to one and despise the other.
Ye cannot serve God and mammon.

—*Matt.*

* * *

SOME people seem by intuition to see only
truth and right ; others must needs work out
their faith by failure and sorrow. Some
realize truth by the pain of what is false; honour
through dishonour, right by wrongs repented of with
bitter pains.

—*George Eliot.*

* * *

LIFE'S evening will take its character from the
day that preceded it.

Miscellaneous

THE quality of man is not to be judged by his riches. Possession so often engenders greed and selfishness and is the enemy of virtue. Man is to be judged by what he does for others, not for himself.

*

*

*

HARD work with a peaceful, harmonious mind will never kill any one and when it is accompanied by serenity, hope and joy, it builds up the system and prolongs existence instead of shortening it, but worry kills, and not to stop it is slow but certain suicide as well as the destruction of much of the joy in the lives of one's best and closest friends. The victims all know the discomfort of it, yet in many cases their failure to stop the worrying comes from disinclination to make the necessary effort.

*

*

*

EVERY day is a new birth in time, holding out new beginnings, new possibilities, new achievements. The ages have witnessed the stars in their orbits, but this day hath no age witnessed. It is a new appearance, a new reality. It heralds a new life—Yea, a new order, a new society, a new age. It holds out new hopes, new opportunities to all men. In it you can become a new man, a new woman. For you it can be the day of regeneration, renewal, rebirth. From the old past with its mistakes, failures, and sorrows, you can rise a new being endued with power and purpose, and radiant with the inspiration of a new ideal.

Miscellaneous

“THERE are persons who ponder upon the shortcomings of their friends. There is nothing to be gained by this ; I have always paid attention to the merit of my adversaries, and have derived advantages from doing so.”

—*J. W. von Goethe.*

*

*

*

DO not make yourself wretched by imagining catastrophes unforeseen, in the distant future. Life may seem difficult and the periods of calm are rare in the history of mankind. But whatever happens, the likelihood is that it will in no way resemble your sick imaginings.

—*Anon.*

*

*

*

THE great thing in this world is, not so much where we stand, as in what direction we are moving. To reach the port of Heaven we must sail sometimes with the wind and sometimes against it, but we must sail, and not drift, or lie at anchor.

—*Oliver Wendell Holmes.*

Govt. Model Girls' Feet School
A. M. R.

1951

Ac.

DA

From the old
sorrows, you can
and purpose,
new ideal.

Prop
Class